



## “Bread of Life” (John 6:22-40)

I love homemade bread or rolls fresh out of the oven smothered with butter and drizzled with honey! That is certainly a gift from God and a pointer to the ultimate “Bread of Life” that is by far more sustaining and satisfying. People eat bread to satisfy physical hunger and to sustain physical life. This is why Jesus called Himself the “Bread of Life”.

### BREAD OF LIFE:

#### What Is It? vv22-27

- It is coming to Christ NOT as a means to an end but the END. vv25-26
- It is the pursuit of a quality of life that is eternal and freely given from Christ. v27; Jn.10:10b; Ps.25:14; Gal.5:22-23; Jer.9:23-24; Eccl.2:8-11 (NLT)

If you look to anything more than Christ for your quality of life... It will Control you when you seek it.  
It will Disappoint you when you get. (Law of diminishing return)  
And Devastate you when you lose it.

#### How Do I Get It? vv28-29

- It is NOT something that I achieve but something I receive. vv28-29; Rom.3:20, 6:23; Eph.2:8-9
- It is truth about the person and work of Christ entering your head (content), igniting your heart (conviction/comfort), and outworking through your hands (commitment). Heb.11:1, 6; Jer.29:11, 13; Rom.10:17

## Where Does it Come From? vv30-40

- It is available to whoever. (2 times in) v35
- It is an ongoing intimate relationship with Christ. v35  
Intimacy is mutual giving and receiving of love and truth.
- It is an inner gracious quiet spirit that joyfully rests in the presence and providence of Christ. vv36-40;  
Ps.23:1, 16:11; Gen.50:20

### Growing Notes

- 1) People eat bread to satisfy physical hunger and to sustain life. What do you think it means when Jesus claims to be the Bread of Life (v35)?
- 2) Read **John 6:22-40**. Do an Observation (What does it say?), Interpretation (What does it mean?), and an Application (How do I apply this to my life?) of this text.
- 3) What is this Bread of Life (vv25-26)? What is the difference between Christ being a means to an end and being the end? Which one do you find yourself pursuing more: eternal or temporal quality of life? Explain.
- 4) How do you get this Bread of Life (vv28-29)? Is it something you achieve or receive? What is the work of God? What does it mean to believe in Christ?
- 5) Where does this Bread of Life come from (v35)? Who is it available to? What is an intimate relationship with Christ and what would be the results in your life? What is God speaking to you from this Bible study? Pray.